


TO REGISTER FOR  
ACTIVITIES CALL  
CORINNE at 385-201-2349

# ACTIVITIES CALENDAR

## OCTOBER 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Available Weekly: Comp or Family Hstry 1-on-1's</b> <i>*call for appointment</i> <b>10:30-11:30 Tai Chi (video)</b>	<b>2</b> <b>9:30-12 Health Screenings</b> <i>prov UVU Nursing Dept.</i> <b>10:15am Crochet Club</b> <b>11:30-12:00 BINGO</b> <b>12:30-1:30 Tai Chi (video)</b>	<b>3</b> <b>10-11:30 Hearing Loss class</b> <i>Provided by State of Utah</i> <b>10:30-11:30 Tai Chi (video)</b> <b>12:15 - PIZZA RAFFLE</b>	<b>4</b> <b>9:30-12:00 Watercolor</b> <b>11-12 Quilting Club</b> <b>12:30-1:30 Tai Chi (Live)</b>	<b>5</b> <b>10-11 Line Dance</b> <b>11:30-12:00 BINGO</b>
<b>OVERNIGHT TUACAHN TRIP 3-5</b>				
<b>8</b>  <b>Columbus Day</b> <b>SENIOR CENTER CLOSED</b>	<b>9</b> <b>10:15am Crochet Club</b> <b>11:30-12:00 BINGO</b> <b>12:30-1:30 Tai Chi (video)</b> <b>12:30 -BUNCO BASH &amp; Games</b>	<b>10</b> <b>10-11:30 Hearing Loss class</b> <i>Provided by State of Utah</i> <b>10:30-11:30 Tai Chi (video)</b> <b>12:15 - PIZZA RAFFLE</b> <i>must attend lunch to enter</i>	<b>11</b> <b>9:30-12:00 Watercolor</b> <b>11-12 Quilting Club</b> <b>12:30-1:30 Tai Chi (Live)</b>	<b>12</b> <b>10-11 Line Dance</b> <b>11:30-12:00 BINGO</b> <b>11:00-12:00 B/P Clinic</b> <i>Prov by Creekside</i>
<b>15</b> <b>Tech/Fam Hstry 1-on-1's</b> <i>*call for appointment</i> <b>10-11:30 Poetry &amp; Writing</b> <b>10:30-11:30 Tai Chi (video)</b>	<b>16</b> <b>10:15am Crochet Club</b> <b>11:30-12:00 BINGO</b> <b>12:30-1:30 Tai Chi (video)</b>	<b>17</b> <b>10:30-11:30 Tai Chi (video)</b> <b>12:15 - PIZZA RAFFLE</b> <i>must attend lunch to enter</i>	<b>18</b> <b>11-12 Quilting Club</b> <b>12:30-1:30 Tai Chi (Live)</b>	<b>19</b> <b>10-11 Line Dance</b> <b>11:30-12:00 BINGO</b> <b>11:00-12:00 B/P Clinic</b> <i>Prov by Hospice &amp; palliative care</i>
<b>22</b> <b>Tech/Fam Hstry 1-on-1's</b> <b>10-11:30 Poetry &amp; Writing</b> <b>10:30-11:30 Tai Chi (video)</b> <b>12:30 Monday Movie Mania!</b> <i>The Birds</i>	<b>23</b> <b>10:15am Crochet Club</b> <b>11:30-12:00 BINGO</b> <b>12:30-1:30 Tai Chi (video)</b>	<b>24</b> <b>10:30-11:30 Tai Chi (video)</b> <b>12:15 - PIZZA RAFFLE</b> <i>must attend lunch to enter</i>	<b>25</b> <b>11-12 Quilting Club</b> <b>12:30-1:30 Tai Chi (Live)</b>	<b>26</b> <b>10-11 Line Dance</b> <b>11:30-12:00 BINGO</b> <b>12:00 Birthday Celebration</b>
<b>Heber Cowboy Poetry Trip 25-26</b>				
<b>29</b> <b>Tech/Fam Hstry 1-on-1's</b> <i>*call for appointment</i> <b>10-11:30 Poetry &amp; Writing</b> <b>10:30-11:30 Tai Chi (video)</b>	<b>30</b> <b>10-12:30 Flu Clinic- South Gym</b> <i>in Legacy Center</i> <b>10:15am Crochet Club</b> <b>11:30-12:00 BINGO</b> <b>12:30-1:30 Tai Chi (video)</b>	<b>31</b> <b>HAPPY HALLOWEEN</b> <b>10:30-11:30 Tai Chi (video)</b> <b>12:15 - PIZZA RAFFLE</b> <b>10:30-12 Dr Humphrey</b> <i>Podiatrist-call for appointment.</i> <b>Spooky Senior Shindig</b> <i>11:30 AM</i>	<b>Coming up in November:</b> <ul style="list-style-type: none"> <li>- Trip to see a local School Musical</li> <li>- Merry Music Makers-Hee Haw</li> <li>- Trip to a BYU Planetarium</li> <li>- Thanksgiving Luncheon</li> </ul> 	